LENOXX

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LENOXX

Model no: CO313
CARBON HALOGEN OVEN

Important Safety Instructions

These basic safety precautions should always befollowed:

1. Read all instructions.
2. Always switch power off before removing plug from wall outlet.
3. Remove plug by grasping the plug. DO NOT PULL THE CORD.
4. To protect against electrical shock,do not immersecord,plugs or motor assembly in water or other liquids.
5. Unplug from power outlet when not in use and before cleaning.
6. Allow the appliance to cool before putting on or taking off parts.
7. Do not use outdoors. This appliance is not designed for outdoor use.
8. Do not place the appliance on, or, near electrical equipment, hot gas flame or in a heated oven.
9. Do not let the cord hang over the edge of a table or counter or to touch hot surfaces. Always use on a stable flat surface.
10. Extreme caution must be used when moving an appliance containing hot oil or other hot liquids.
11. Do not use appliance for purpose other than intended usage.
12. Do not move or lift the convection oven while the power cord is still connected to the wall outlet. Remove the plug from the wall outlet, then remove the top by using both hands, move carefully.
13. Before removing the lid: Turn the time off, disconnect the power cord, lift the top using carrying handle, Place the top ,preferably resting the stainless steel edge rim and the handle/plastic top on a flat surface.
14. Do not place the hot underside of the lid directly onto laminated surfaces, wood surfaced, paper plastic or other flammable surfaces. Put the lid on a heat resistant surface.
15. Always place the top unit onto the bowl before plugging in the power cord and switching on.
16. Do not clean with metal scouring pads.
17. No user servicing. Do not operate if the appliance has a damaged or broken cable or plug, return the oven to authorized service centre or qualified persons.
18. The appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.

Introduction:

The multi-function convection oven has brought an end to the traditional cooking ways. While cooking, the convection oven produces a circle of hot moving air, which cooks the food all over evenly. The cooked food becomes a very delicious dish with its natural flavor and full nutrition. With the convection oven, you can prepare delicious, healthy meals in less time than traditional methods, generally 20 – 30 % quicker and using 70 – 80 % less power.

This model features a scope temperature controller (thermostat) and 0-60 minute scope timer. You may select the cooking temperature and cooking time for your food. The hot air inside the oven will never bring about smoke, nor will the food be burnt. Your kitchen is then clean and safe, free from contamination.

The convection oven not only saves you from the heavy kitchen work, but also makes your cooking enjoyable.

The Convection Oven improves upon traditional convection ovens in the following ways:

- The Convection Oven bowl is made of glass, so that you can clearly see what you are cooking.
- The Convection Oven combines a circular bowl with a large fan mounted in the lid so that hot air currents move down over the food, around the bowl's sides, and then back up to the fan. This creates a tornado-like flow of constantly moving, super-heated air that cooks and browns food quickly and thoroughly.
- The Convection Oven uses cooking racks that allow you to cook two or three levels of food at once. In addition, when meat, poultry or fish are cooked, fats and oils are blown away and fall through the racks into the bottom of the bowl. You will cook lighter; (lower in fat & cholesterol) more nutritious meals, with enhanced natural flavors.

Consider these other benefits:

- Meat and poultry turn out brown and crisp on all sides, moist and juicy on the inside with less fat and cholesterol, and taste better too.
- Sliced potatoes can be "air-fried" with a very small amount of oil and will turn out crisp and golden brown and very low in fat, usually about 98% fat free. They can even be cooked with no oil at all if you are on a strict fat free diet, and still brown and crisp, although a little olive oil gives them a beautiful finish and delicate flavor.
- Breads and pastries rise higher and turn fluffier and remain moister than in a standard oven.
- You can save up to 80 percent of the energy consumed by a standard oven.
- Saves up to 25% power and time compared to other turbo ovens.
- Multi-level cooking allows you to cook an entire meal at one time, even different courses.

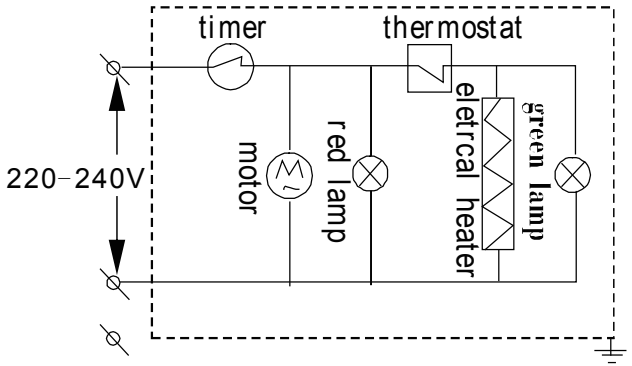
BENEFITS OF CONVECTION OVEN

- Convection Oven roasts grills, bakes; dry fry's, re-heats and can even steam food perfectly.
- Convection Oven cooks food in less time than the average conventional oven.
- This is convection cooking without the cost of installing expensive wall units, and it's portable too, so you can take it with you when you move or travel.
- Easy to operate – just set the timer and temperature and put the food in.
- Hot air circulates around food; therefore food cooks evenly and quickly.
- Meat sears quickly on the outside – sealing juices on the inside, only releasing fat and cholesterol.
- Hot air circulation helps make baked goods rise higher, great for scones, puff pastry & cakes.
- Convection Oven uses less electricity than a conventional oven – up to 80% less.

Technical specification

Voltage	240 V / 50Hz
Rated power	1400W
Thermostat	65 – 250 °C
Timer	0-60 minutes
Container capacity	Ø 300 x 150 mm
Gross weight	8.5 kg
Net weight	7 kg

Electrical schema



PREPARING YOUR CONVECTION OVEN

Convection Oven should be heated once before cooking with it.
While preparing the oven according to the following instructions, the oven may give off a slight burning odour. The oven is actually burning off excess lubricants found in the oven's heating elements and will not harm you, your food or the oven.
Follow these easy steps:

- Wipe the inside of the bowl with a clean, damp sponge.
- Place racks in the bowl – do not leave tongs in the hot bowl.
- Put the lid on the bowl.
- Set timer to 10 minutes approx.
- Set thermostat to 200°C and put the handle down to turn on.
- After timer has shut oven off, allow to cool for 10 minutes. You can open the lid.

Operation:

It's as easy as 1, 2, and 3

1. Set the Timer
2. Set the temperature
3. Put the handle down

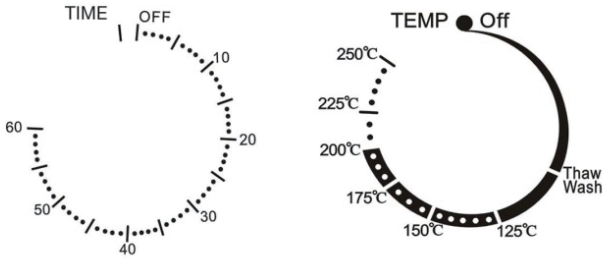
Now let's run through it in a little more detail so you know exactly what to do.

- Place the food into the glass bowl and secure the lid on bowl。Place food directly on rack, unless otherwise specified.
- Insert the oven plug according to the power specification. It is not allowed to share the same plug-set with other electrical appliances.

Plug your oven into power supply Always use the high rack available for the food being cooked. The more air circulating around the food, the faster it will cook.

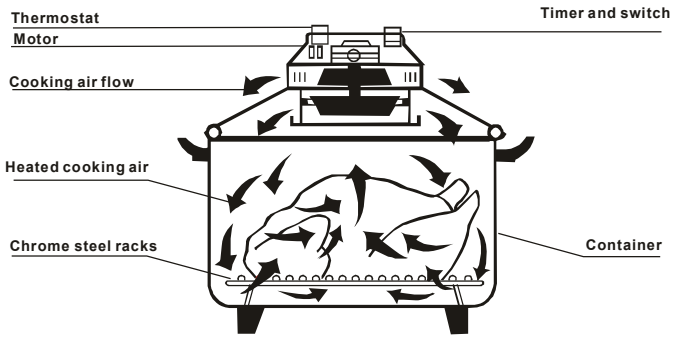
- Set the cooking time as required from 5min to 60 min, the red lamp comes on
- Set the temperature as required from up to 250°C, the green lamp comes on
- Put the handle down
- Now you are starting your cooking.

The green lamp can be turned offbefore the due time. This shows the oven has achieved the set temperature. When the oven's temperature becomes lower than what you need, the oven will automatically turn the heater on and the green lamp will also turn on to indicate heating process.



Important

1. When the convection oven works, the handles, which are linked to steel bar, will be expanded by heat and become loose, but that doesn't matter, they will be restored when the temperature goes back down to normal.
2. Do not place the hot oven lid directly onto laminated surfaces, wood surfaced, paper plastic or other flammable surfaces. Put the lid on a heat resistant surface
3. The devices on the oven lid are not allowed to be washed in the water. Clean the lid with a piece of clean soft cloth in case it gets stained.
4. The oven body can be washed only after is completely cooled off.
5. Do not immediately put cold water into the hot oven bowl after use for washing purposes. You may wash the bowl after it has cooled down.



Features:

1. Multifunction:

With a hot air circle and its temperature range, the convection oven can cook food in different ways including baking, roasting, grilling,toasting, broiling and BBQ.

2. Lowering cholesterol:

Modern medical science has proved that high cholesterol accounts for heart disease and blood vessel trouble. The hot moving air circle in the convection oven will decompose the fat tissue and lower the cholesterol content to minimum. So, the food cooked in this kind of oven is very helpful to your health.

3. Saving time and energy:

Due to the high efficiency of the hot moving air in the oven, the cooking time and the consumed energy are reduced to minimum. Our experiment shows that the convection oven saves electricity up to 20% as compared to ordinary ovens.

4. Preserving the food's nutrition and the natural flavor:

High temperature and prolonged cooking time always destroyed food's nutrition and changed its natural flavor. The temperature and time control in the convection oven can solve this problem.

How to Broil

- Place the food directly on the wire rack (low or high rack).
- For very thick cuts of meat, turn the food at the halfway point.
- Like roasting, broiling time may vary depending on cut, size, amount of fat, etc.

How to Steam

- You can steam vegetables at the same time you cook your main dish by placing the vegetables in an aluminum foil pouch: add a few drops of water and seal the pouch.
- You can also add a cup of water in the bottom pot, with savory herbs and spices to steam fish or vegetables. Just add a little water.

How to fry

- You can get the effect of deep-friedFrench fries without all the oil by dipping potato strips in polyunsaturated cooking oil, and thenallow excess oil to drain away and cook according to cooking guide.
- To make delicious fried chicken, dip chicken pieces in batter and then in cooking oil, drain excess oil and cook according to chart provided.

How to Toast

- You can get perfectly toasted bread and snacks with the convection oven without preheating. Simply put the food directly on wire rack and watch it toast. It will be crisp on the outside and stay soft on the inside.
- You can also improve stale snack food like crackers, chips and even cookies by placing them in the convection oven for a few minutes at maximum temperature to bring back their crunchiness.

How to Defrost

- You can use the convection oven to defrost frozen food more evenly than a microwave oven, simply set the temperature at 100°C and check the food every 5-10 minutes.

General guidelines and warnings

- Remember to distribute food evenly in the convection oven to ensure an even flow of air all around the food.
- The first time you try a recipe, you should check the cooking process through tempered glass bowl.
- Since it is practical to place food directly on the wire rack, you may want to spray it with a non-stick spray to avoid sticking.
- The convection oven is self-cleaning. Simply put 2" of water in the bottom and set temperature at 100 for 10-12 minutes.
- For a very dirty oven, add some detergent to the water and wipe the stains if needed.

LIGHT CLEANING

⇒ Unplug oven and let cool.

⇒ Use a clean sponge or dish cloth with a little mild dishwashing detergent and warm water to wipe bowl clean.

⇒ Rinse well to remove all detergent. Wipe dry.

⇒ **Note:** Never immerse the lid in any liquid.

NORMAL CLEANING

⇒ Unplug oven and let cool.

⇒ Wipe lid and fan housing using a damp, clean dish cloth or sponge with a little mild dishwashing detergent.

⇒ Do not clean with steel wool pads or abrasive materials.

⇒ Wash wire racks in mild dishwashing detergent and water.

Clean metal parts using a sponge or dishcloth with mild dishwashing detergent, then wipe clean. If scrubbing is necessary, use a nylon or polyester mesh pad or a pod brush. If very "burnt on" use stainless steel or other metal scourers. A thick "tub" style paste cleaner, is recommended with a damp sponge for stubborn stains.

DISHWASHER SAFE BOWL

The bowl and wire racks may also be washed in the dishwasher. However, never wash the lid in a dishwasher or immerse it in liquid. Remove the bowl from its stand before dishwashing.

NOTE: Dishwashing will eventually damage the chrome on the wire racks and dull the finish.

Remember:

◊ Unplug oven before cleaning the lid.
◊ Remove fat to rubbish before washing.
◊ Let oven cool down a little before washing.
◊ Never immerse lid in water.
◊ Use hot water and detergent for 15min. pre-wash.
◊ Do not add water above halfway up the bowl when self-washing.
◊ Do not let the fan assembly get wet.
◊ Never leave the lid on the cooker after it switches off, either with food in it or with water in it. If you do you will eventually cause rusting of metal parts in the lid. This will NOT be covered by warranty as you are expected to take normal good sensible care of your cooker, and keep it clean and dry after cooking and/or washing.

COOKING TIPS

TO USE YOUR CONVECTION OVEN TO ITS FULLEST POTENTIAL, HERE ARE A FEW COOKING TIPS TO REMEMBER…

• Firstly it is an oven.
Whatever you can cook in any oven, you can cook in your convection oven: That's what it does best. It will bake, roast, grill, dry fry, re-heat, dehydrate, crock pot. Etc. but it's faster, cheaper and fat free.

• Whenever possible place food directly on one wire rack
Cooking on a wire rack allows the hot air to circulate freely around the food, cooking it quickly and evenly, often without turning. Generally choose the highest rack that accommodates the food with clearance to the underside of the top.

• Cooking a complete meal at once
By using two levels of racks, it is easy to cook an entire meal at once. Keep in mind that different foods and different weights of foods take different amounts of time to cook. Think ahead. Put the food that takes the longest amount of time to cook on the bottom rack. Later on during the cooking process, put the other food on the lower and top rack. Now your complete meal of meat, potatoes and vegetables are all cooked together and will be ready at the same time. Food on the high rack will slow down cooking on the lower rack, this needs to be allowed for.

• Placing foods for optimum cooking
When placing several pieces of food on the wire rack, be sure to leave at least 15mm between the food and the side of the bowl. This space allows the air to flow freely through the oven. Also avoid stacking food on food in order to cook more at one time. The hot air must circulate freely in order to cook the food properly – otherwise, if you can't leave gaps you can rearrange items as you cook.

- Keeping food crisp
  After the food is cooked, turn the thermostat down, keeping the fan running. Your food will stay hot and crisp. CONVECTION OVEN does this automatically.

- To make your clean-up even easier
  Before cooking, spray the oven, including the racks and pans, with a non-stick product first. Wiping away the grease and residue after cooking will be even easier. You can also place foil or a little hot water under the bottom rack to catch drippings etc. This is optional.

- Grill on the high rack, roast or bake on the low rack.

- Adapting recipes

As a rule of thumb, when using recipes intended for conventional ovens, temperatures will remain the same but cooking times will be less. Generally for cakes etc. reduce the recommended conventional oven temperature by 10°C.

The cooking times in this book should be used as a guide. You need to judge whether your piece of meat weighs less or more than that which is used in the guide and slightly adjust your cooking time. When working with the Convection Oven for the first time, we suggest using a meat thermometer. Watch the cooking progress through the glass top. After a short time you will easily be able to adapt your favourite recipes for the Convection Oven. Remember, meats are best roasted more slowly – they remain tender, succulent and moist. Start at a higher temp and seal/brown meats first, and then reduce the temperature to complete the cooking.

Preheat your oven

For optimum cooking, preheat your oven. Pre-heating is absolutely essential for grilling and dry frying. Pre-heating is also beneficial for faster baking and roasting, providing quicker sealing/browning.

- Put the lid on the bowl.
- Set timer to 10 minutes approx.
- Set thermostat to 200°C and put the handle down to turn on.
- After timer has shut oven off, allow to cool for 10 minutes. You can open the lid.

Cooking time

Cooking times shown in the cooking guide may vary depending on the volume, weight, temperature and mass of the food or the desired finish/crispness you want. Remember the most important thing is to cook to your satisfaction.
Bring meats to room temperature before cooking them
If not meats will take longer to cook through, only helpful if you wish to cook ‘rare’.

Place large food items off center

To encourage max air flow around and under for fastest cooking, expect to turn once after sealing at higher temperature, then reduce for best cooking of meats (beef, lamb, pork or veal).

NB: Remember to always PREHEAT your oven before using it.
When cooking meats or other foods, remember, the bigger the size the longer it takes to cook.
EG: 1 kg = 1 hour > 250°C
2 kg = 2 hours > 250°C

Smaller pieces of meat will take you anything from 20 min. – 35 min. > 250°C again depending on the size of the pieces.
When baking, most of the baking is done at 190°C.
To crisp things (for example pies) the temperature can then be adjusted to 250°C.
When doing vegetables in an oven baking/ cooking bag or tinfoil.
Remember to add at least 2 teaspoons of water into the baking bag/ tinfoil.
Cook at 250°C.If for example, you want to do rice you must add 1 cup of water to 1 cup of rice in an oven baking bag.
SOFT BOILED VEGETABLES – Take between 20-30 min. to cook.
HARD BOILED VEGETABLES – Take between 30-40 min. to cook.

Eggs can be put in without adding water. It takes anything from 8 min. (soft boiled) – 10 min (hard boiled) and as many as you like. If eggs come from the fridge add an extra 12 min, this is done at 250°C.
Potatoes with the skin on must be spiked with a fork and placed in the oven for 35 min- 40min.
Potatoes with no skin must also be spiked with the fork and cut in half or quarters, dip in oil and place in the oven for 30-35 min, again done on 250°C.
DON’T over load the oven with too many things at once, you must allow air to flow all around your food so it can cook evenly on all sides.
DON’T put any plastics (including microwave plastics) or any thin glass plates/dishes into the oven.

You can put metal materials/thick glass plates and oven dishes into the oven.

FOLLOW THESE HINTS & YOU WILL ENJOY THE FULL BENEFITS OF YOUR CONVECTION OVEN.

Please note:

All cooking times and methods included in this manual are suggestions only. Personal preferences by customers will involve you in testing times/methods for yourself in order to achieve the desired results for your cooking/eating style.

Reference for cooking.

Food	time	temperature
Chicken	30-40 min	180-200°C
Fish	10-15 min	130-150°C
Cake	10-12 min	140-160°C
Lobster	12-15 min	140-160°C
Shrimp	10-12 min	150-180°C
Sausage	10-13 min	120-150°C
Peanuts	10-15 min	140-160°C
Roasted bread	8-10 min	120-140°C
Potato	12-15 min	180-200°C
Chicken wings	15-20 min	150-180°C
Crab	10-13 min	140-160°C
Hot dogs	5-8 min	190-210°C
BBQ Spareribs	18-20min	220-240°C

Selected recipes:

ROAST VEGETABLES:

Vegetables of your choice
Ground black pepper, garlic, salt

Preheat the oven to 250 degrees. Peel and clean vegetables and chop into similar size pieces. Pat dry and place in a large container with the lid on with 2 or 3 tbsp. of vegetable oil. Add garlic, salt and pepper. Shake the container with the lid on. Place the vegetables on the high rack in the convection oven, leaving space for the air to circulate around the perimeter.
Set the convection oven to 250 degrees and bake for approx. 30 – 45 minutes. The cooking time will vary depending on the size of the individual pieces and the total weight in the oven. Vegetables can be roasting meat cooking on the high rack by placing them around the meat.

STEAMED VEGETABLES:

Vegetables of your choice, water,
aluminium foil (to wrap), butter/olive oil
Preheat the oven to 200 degrees. Clean and cut the vegetables as desired. Brush each with melted butter/olive oil. Wrap a small amount of each vegetable portion in foil.
Before sealing sprinkle 2 teaspoons of water into each package, seal tightly. Place them directly on the wire rack and cook at 200 degrees. Soft vegetables will take 15 to 20mins. Hard vegetables will take 30-40 mins.

JACKET POTATOES IN FOIL:

Medium sized washed potatoes (one per person)
Soft butter, garlic, salt, ground black pepper

Preheat the oven to 190 degrees. Make sure potatoes are clean. Remove any eyes and bruises. Dry with paper towel. Rub a little softened butter onto the potatoes and place aluminum foil. Sprinkle with garlic, salt and ground black pepper, then trap in the aluminum foil. Place potatoes on the high rack in the convection oven and cook around meat for 45 minutes at 190 degrees. Check with a fork to see if they are cooked through. Serve with sour cream, chives and grated cheese.

CHUNKY CHIPS:

2 Medium Potatoes, washed and peeled, cut into 2-3mm spears (for fries). For chips, slice into 5-10mm.
Cooking oil/olive oil, salt for seasoning when cooked
Preheat the oven to 180 degrees. Spread the potato spears out evenly in a baking pan. Brush with a splash of oil for added crispness, reduce the oven heat to 200 degrees and place the baking pan onto a high rack in the oven, cook the fries for 10 minutesReduce temperature to 180 degrees C and cook 5 minutes more for chips.

OMELETTE:

2 eggs. 30 ml milk, salt and pepper for seasoning.
Preheat the oven to 225 degrees. Whisk, eggs, milk, salt & pepper in a bowl. Preheat oven to 225 degrees for a few minutes. Put a greased oven proof dish on the high rack in the oven.
When the green light goes out, pour the egg mixture into the dish. Put lid back on the oven and stir after a few mins, then leave till top surface is set, flip over and cook till base is done, remove from pan then fold over.

SPANISH OMELETTE:

300g potatoes, washed and peeled, cut into 1cm pieces,
1 red pepper finely chopped, 4 large eggs beaten,
1/2 red onion finely chopped, 100g grated cheese, cooking oil/olive oil, salt and pepper to taste
Preheat oven to 225 degrees for a couple of minutes, put an oven proof dish in to heat through with a drizzle of olive oil in.
Add the potatoes to the hot oil and stir to coat. Cook until potatoes are evenly coloured on all sides (stirring occasionally). Add the pepper and onion with a little more olive oil and stir to coat evenly. Cook for a further 5 minutes. Remove dish from oven and add the beaten eggs. Give the dish a shake to evenly spread the eggs. Do not stir as eggs will scramble.
Put the dish back into the oven and scatter cheese over the top along with salt and pepper to taste and cook for a further 5 minutes until golden and set.

GARLIC BREAD:

One small baguette or bread roll, 100g softened butter or margarine,
2-3 garlic cloves, crushed, 1tsp dried mixed herbs
Preheat the oven to 220 degrees. Cut the bread in diagonal slices but don't cut through the bottom completely. Mix the softened butter or margarine with the garlic and herbs. Spread the mixture evenly between the slices.
Wrap in tin foil. Place on top rack and cook for 10-12 minutes. If you don't have an extender ring then use the low rack instead.

TOAST:

Slices of bread, butter, grated cheese.
Preheat the oven to 250 degrees. Spread bread with butter and add grated cheese. Place bread onto the high rack and cook for 6 to 8 minutes until the cheese is bubbling. You can add onion, tomatoes etc on top of cheese.
PARMESAN CHICKEN:
2-4 skinless chicken breast fillets, 1 heaped tablespoon of mayonnaise per chicken breast, grated parmesan cheese.
Preheat the oven to 250 degrees. Place the chicken beast in a single layer in a greased ovenproof dish. Cover with the mayonnaise and sprinkle the parmesan cheese on top of the breast fillets. Place the dish into the oven on the low rack. Cook for 35 – 40 minutes.

JAPANESE CHICKEN WINGS:

500g chicken wings, ½ cup soy sauce, 1 tablespoon of finely chopped fresh ginger, ¼ cup of dry sherry, 1 clove crushed garlic.
Trim any excess fat from the chicken wings and pat dry. Place chicken wings in a bowl. Combine soy sauce, ginger, dry sherry and garlic in a bowl and pour over the chicken wings and mix well. Cover and allow marinading for 3 hours, turning the wings now and again.
Preheat oven to 175 degrees. Place chicken wings on the high rack in the oven and cook for 10 minutes. Turn or move wings if necessary. Cook for a further 8 – 10 minutes until golden brown.

HONEY CHICKEN WINGS:

1 kilo chicken wings, 2 tablespoons of honey, 3 tablespoons of tomato puree. Marinade: 2 tablespoons of lemon juice, 3 tablespoons of soy sauce, 1 tablespoon of finely chopped fresh ginger.
Trim any excess fat from the chicken wings and pat dry. Place chicken wings in a bowl. Combine lemon juice, soy sauce and ginger. Pour over the chicken wings and mix well. Cover and allow marinading for 3 hours, turning the wings now and again. Mix honey, tomato puree and two tablespoons of the marinade. Preheat oven to 165 degrees. Place chicken wings on the high rack in the oven and cook for 10 minutes. Turn or move wings if necessary. Remove the wings and roll in the honey/tomato puree mixture. Return wings to the rack and cook for another 5 minutes. Remove the wings and roll in the mixture and cook for a final 5 minutes.

ROAST CHICKEN:

1 roasting chicken, 1 small onion, 2 tablespoons butter, ½ cup mushrooms, 1 ½ cup soft breadcrumbs, 1 tablespoon of chopped parsley, 1 pinch nutmeg, 1 teaspoon grated lemon rind, 1 egg, 1 tea spoon crushed garlic, salt, pepper.
Clean the inside of the chicken and remove any excess fat. Peel and chop onion. Lightly fry the chopped onion in a pan until soft. Add mushrooms and fry for another minute. Mix in breadcrumbs, salt, pepper, parsley, lemon rind, nutmeg and beaten egg. Put the stuffing mix into the chicken, close the opening and sprinkle salt and pepper over the chicken and rub into its skin. Preheat the oven to 165 degrees. Place the chicken on the low rack. Bake for 20 minutes, then turn and bake for another 20 minutes. You can then add any potatoes or vegetables you want to cook. Turn and bake for another 20 minutes until the chicken is tender and golden brown all over.

CHINESE ROAST CHICKEN:

1.5 Kilos of chicken portions, wings or drumsticks, 1/3 cup soy sauce, 1 tablespoon honey, 1 teaspoon five spice powder, 1 teaspoon crushed garlic, 1 teaspoon finely grated ginger, 1 teaspoon sesame oil.
Trim any excess fat from the chicken pieces and pat dry. Place chicken wings in a bowl. Combine honey, soy sauce and 5 spice powder, ginger and garlic. Pour over the chicken pieces and mix well. Cover and allow marinading for 3 hours, turning the pieces now and again. Preheat the oven to 200 degrees and arrange the pieces in the high rack and cook for 10 minutes – 20 minutes depending on the thickness of the pieces. Turn or move pieces of necessary. Cook for a further 10 – 15 minutes or until ready.

SPAGHETTI BOLOGNESE:

500g beef mince, 1 garlic clove crushed, 2 beef flavoured stock cubes, 1 chopped onion, salt, pepper, 250g jar of pasta sauce, un-cooked spaghetti.

Preheat the oven to 240 degrees. Put in all of the ingredients apart from the spaghetti and pasta sauce. Cook for 7 – 10 minutes stirring occasionally until the mince is brown. Add spaghetti (broken in half) and jar of sauce. Ensure spaghetti is mixed in with mince and covered by sauce. Cook together for another 10 minutes at 200 degrees.

FILLET STEAK SUPREME:

900g whole fillet steak, 1 tablespoon crushed garlic, salt, pepper, ½ cup red wine, 1 tablespoon cream, grated rind of one orange, 1 large onion chopped, 2 tablespoons chopped parsley, 2 grated carrots.
Marinade whole fillet steak with garlic, salt, pepper and red wine in a covered dish for 4 hours turning occasionally. Drain meat reserving the marinade. Place meat on aluminium foil and spread with carrots, lemon and orange rinds, onion, parsley and wrap in the aluminium foil. Preheat the oven at 190 degrees. Place the foil package in the oven on the low rack and cook for 30 minutes. Then remove the contents of the foil package, cook them on the rack for a further 30 minutes. Boil the remaining marinade in a saucepan and cook to reduce to 2 tablespoons. Stir in cream and serve over the served meat.

ROLLED RIB ROAST:

1.8 Kilos rolled rib of beef, salt and pepper, 2 tablespoons red wine, 2 tablespoon water.
Trim any excess fat from meat. Sprinkle with salt and pepper and rub in well. Place meat in a greased baking dish. Pour the water and wine over the meat. Marinate for 4 hours. Preheat oven to 160 degrees. Cook the meat in the baking dish for 1 hour at 160 degrees. Then turn the meat and cook for a further 40 minutes for rare, 50 minutes for medium or 1 hour for well done.

SCONES:

225g self-raising flour, 1 teaspoon of baking powder, pinch of salt, 25g caster sugar, 55g unsalted butter slightly softened, 150ml of milk, 1 egg beaten or plain flour (for brushing or dusting).
Preheat oven to 220 degrees. Mix together the flour, baking powder and salt into a bowl.Stir in the sugar, add the butter and rub quickly into the flour, creating a fine breadcrumb consistency. Add the milk, a little at a time, working to smooth dough. Leave to rest for 5 to 15 minutes before rolling.
Roll out the dough on a lightly floured work surface until 2cm thick. Cut the dough, using a sharp tap and not twisting the dough as you cut. The scones can either be brushed with the beaten egg for a shiny glaze, or dusted with the flour for a matt finish. Lightly knead together the rest of the dough and cut more scones.Place the scones on a greased baking sheet and bake in for 10-12minutes at 220 degrees until well risen and golden brown.

VANILLA CUP CAKES WITH CHOCOLATE CENTER:

175g margarine, 175g sugar, 3 eggs beaten, 175g self-raising flour, 2 teaspoons vanilla essence, 1 small bar of dark chocolate, cupcake cases.
Preheat oven to 175 degrees. Cream margarine and sugar together until pale & fluffy. Add the eggs a little at a time. Sift flour and gently fold into the mixture. When thoroughly mixed, add vanilla and combine.
Place half the mixture in each of the cupcake cases. Make a small indent in the middle and add a small piece of chocolate. Add the remaining cake mix over the top ensuring the chocolate is well covered and remains in the middle of the cake mix. Makes 12 cupcakes. Place into oven on the low rack and cook for 10 – 12 minutes at 175 degrees using the extension ring.

ORANGE CAKE:

2 tablespoons milk, 150g sugar, 200g self raising flour, 150 g butter melted, 2 eggs, 1 tsp orange essence, zest and juice of 1 orange, 3 tablespoons icing sugar.
Preheat oven at 180 degrees. Firstly beat the melted butter and sugar together until it turns creamy. Add eggs, and beat again then add the flour, milk, orange essence and zest.Pour the mixture into greased loaf tin and place on low rack and cook for 30-40 minutes at 180 degrees until firm and cooked. Mix the orange juice and icing sugar together, pour over the cooled cake.

PEANUT BUTTER COOKIES:

225g butter, 1 cup brown sugar, 1 cup granulated sugar, 2 beaten eggs, 1 cup peanut butter, 1 teaspoon vanilla essence, 1 teaspoon baking soda, 2 1/2 cups flour
Preheat the oven to 230 degrees. Cream together butter, sugars and add well beaten eggs. Add peanut butter and vanilla essence. Sift flour and soda together and add to mixture, mixing well. Drop by level teaspoonfuls
onto asheet of baking paper about one inch apart. Press into shape with a spoon. Place the baking paper with cookie mixture on a small baking tray or dish and bake at 230 degrees for 10 minutes.